Justmad (就是瘋狂) (zh)

Compte: 32 **Mur:** 4 **Niveau:** Intermediate
Chorégraphe: Nancy Morgan (USA) - 2008年03月
Musique: 4 Minutes (feat. Justin Timberlake & Timbaland) - Madonna : (CD: Single)

前奏： 16 counts after he says “Break Down”

第一段 **RIGHT KNEE ROLL, LEFT KNEE ROLL, HEEL & HEEL & STOMP, CLAP**
右膝蓋旋繞, 左膝蓋旋繞, 足踵 & 足踵 & 重踏, 拍手

1,2 Roll Right knee in toward left and out (clockwise) so that your weight ends on your Right
右膝蓋由左順時針方向轉, 重心停在右足

3,4 Roll Left knee in toward Right and out (Counter-clockwise) so that your weight ends on your Left
左膝蓋由右逆時針方向轉, 重心停在左足

5&6 Tap Right heel forward, step Right next to Left, tap Left heel forward
右足踵前點, 右足併踏, 左足踵前點

&7,8 Step Left next to Right, stomp Right slightly forward, clap
左足併踏, 右足略前重踏, 拍手

第二段 **SHUFFLE DIAGONALLY RIGHT, SKATE, SKATE, BACK, BACK, COASTER STEP**
右斜角線交換步, 滑冰步, 滑冰步, 後, 後, 海岸步

1&2 Shuffle Diagonally to Right – Right, Left, Right
右斜角線交換步 – 右, 左, 右

3 Drag Left in a semi circle going counter-clockwise toward Right foot and forward so that you step forward on Left
左足朝向右足前逆時針方向畫一半圓讓左足在前

4 Drag Right in a semi circle going clockwise toward Left foot and forward so that you step forward on Right
右足朝向左足前順時針方向畫一半圓讓右足在前

5 Drag Left in a semi circle going counter-clockwise toward Right foot and back so that you step forward on Left
左足朝向右足後逆時針方向畫一半圓讓左足在前

6 Drag Right in a semi circle going clockwise toward Left foot and back so that you step forward on Right
右足朝向左足後順時針方向畫一半圓讓右足在前

7&8 Left Coaster Step – Step back on Left, back on Right, forward on Left
左海岸步 – 左足後踏, 左足後踏, 左足前踏

第三段 **WALK, WALK, STEP, ¼ TURN TOUCH, STEP, TOUCH, STEP, TOUCH**
走步, 走步, 踏, 轉1/4點, 踏, 點, 踏, 點

1,2 Walk forward Right, Left 走步(右, 左)

3,4 Step forward on Right, pivoting ¼ turn to Left, touch Left toe out to Left side 右足前踏, 左轉90度 左足趾左點

5,6 Swing your hips around the back and from Right to Left so that your weight shifts to the Left foot and touch your Right toe to the Right side
由右向左擺臀讓重心移至左足, 右足趾右點

7,8 Swing your hips around the back and from Left to Right so that your weight shifts to the Right foot and touch your Left toe to the Left side
由左向右擺臀讓重心移至右足, 左足趾左點

第四段	**STEP, CROSS, BACK, FORWARD, CROSS, BACK, SIDE, KNEE POP, CLAP** **踏, 交叉, 後, 前, 交叉, 後, 側, 膝蓋彎曲, 拍手**
1,2	Step on your Left, Cross Right over Left 左足踏, 右足於左足前交叉踏
3,4	Step back on Left, step forward on Right 左足後踏, 右足前踏
5,6	Cross Left over Right, step back on Right 左足於右足前交叉踏, 右足後踏
7&8	Step Left to Left side, Lift both heels off of floor as you bend knees (similar to knee pops) & Clap at same time 左足左踏, 抬雙足膝蓋離地呈膝蓋彎曲狀, 拍手